

Family Birth Center



Lactation Resources

Breastfeeding Applications for Your Smartphone

Apple apps:

- ▶ The Bump, the Knot – Free
- ▶ Baby Nursing – Free
- ▶ latchME – Free
- ▶ Pump Log – Free
- ▶ Breast Milk Calculator – \$2.99
- ▶ Mommymeds – \$3.99
- ▶ iBaby Feed Timer – \$4.99
- ▶ Baby Connect – \$4.99

Android apps:

- ▶ Baby Tracker - Feed, Diaper Log – Free
- ▶ Baby Development Week by Week – Free
- ▶ Feed Baby – Free
- ▶ latchME – Free

[kh.org/birthing](https://www.kh.org/birthing)



Breastfeeding Resources

- ▶ **Kootenai Health:** An abundance of breastfeeding resources and a video for breast pump set-up and use at home. Visit kh.org/birthing
- ▶ **Ameda.com:** *Your Baby Knows How to Latch On*
A must-see five minute video.
- ▶ **Dr. Jack Newman:** Here you can view video clips on topics such as: cup feeding, swallows vs. suck, etc.
www.breastfeedinginc.ca
- ▶ **Global Health Media Project:** View a variety of multilingual videos related to birth, breastfeeding and infant development.
- ▶ **Great website for dads:** Here you can find many PDF resources as well as their blog featuring stories from dads. www.beerandbubs.com.au
- ▶ **Jane Morton, Stanford University:** Here you can view videos on: Hand expression, pumping, increasing your milk supply and a perfect latch.
<http://newborns.stanford.edu>
- ▶ **Kellymom.com:** Provides support on breastfeeding, sleep and parenting.
- ▶ **Mommymeds.com:** Learn about medication safety with breastfeeding by Dr. Thomas Hale, PhD.
- ▶ **Post Partum Support International (PSI):** English & Spanish support. Connects with local volunteers and resources 1-800-944-4773
- ▶ **Suzanne Colson:** Video about instinctive positioning:
www.biologicalnurturing.com

Family Birth Center Lactation Office Hours

FREE! Breastfeeding Support Group
Tuesdays 10-11 a.m. – by appointment only

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208.625.5091 tel



KootenaiHealth

kh.org/birthing